Mountain Weather Forecast

Lake District National Park

Forecast valid from 00:00 on Thursday 01 Feb 2024 until 23:59 on Friday 02 Feb 2024

Forecast Issued on Wednesday 31 Jan 2024 at 16:40

Confidence: High for a largely fine, rather cold and breezy day on Thursday then remaining often windy and unsettled, but generally mild, through into the start of next week, although some doubt over southward progress of slightly colder air later Saturday.

Headline for Thursday 01 Feb 2024: Mainly dry with sunny spells. Strong westerly then southwesterly winds.

Mountain weather hazards on Thursday 01 Feb 2024

Blizzards
No Likelihood

Heavy persistent snow
No Likelihood

Storm force winds
No Likelihood

Gales
Low Likelihood

Severe chill effect
Medium Likelihood

Poor visibility
Low Likelihood

Thunderstorms
No Likelihood

Heavy persistent rain
No Likelihood

Strong sunlight
No Likelihood

Weather and chance of precipitation at 800m							
Time							
00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00
Partly cloudy (night)	Partly cloudy (night)	Partly cloudy (night)	Sunny intervals	Sunny intervals	Sunny intervals	Cloudy	Cloudy
Precipitation probability							
10%	10%	10%	10%	<05%	<05%	10%	40%

Forecast for Thursday 01 Feb 2024

Weather: A few wintry showers possible at first but most places dry through the morning with long clear then sunny spells. The sunshine turns increasingly hazy in the afternoon as cloud increases with outbreaks of light rain and drizzle, preceded briefly by a little sleet or snow on the higher fells, spreading east through the evening.

Chance of cloud-free hill tops above 800m: Around 90% through daylight but chances fall in the evening.

Low cloud and visibility: Only small amounts of cloud expected below the summits until evening, then periods or persistent cloud developing and lowering to 450-600m through the evening. Away from cloud visibility very good falling to several kilometres in rain and drizzle, and perhaps a kilometre in any fell top snow.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Mountain Weather Forecast

Forecast for Thursday 01 Feb 2024

Height (m)	Wind Speed mean/gusts (mph)					Wind Direction (blowing from)			
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	36/45 W	34/43 W	29/36 W	24/30 W	24/31 W	27/34 SW	31/39 SW	34/43 SW	37/47 SW
600	26/38 W	25/36 W	22/32 W	19/28 W	19/28 W	22/30 SW	25/35 SW	25/35 SW	25/36 SW
300	12/32 W	11/30 W	10/25 W	9/21 W	10/22 W	9/22 SW	10/26 SW	10/25 SW	10/26 SW
Valley	10/28 W	9/26 W	10/24 W	9/21 W	13/24 W	12/24 SW	11/25 SW	10/25 SW	14/29 SW

Height (m)	Temperature / Feels Like (°C)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	-2/-11	-2/-10	-1/-10	-1/-9	-1/-8	-1/-9	-1/-9	1/-7	2/-5
600	1/-6	1/-6	1/-6	1/-5	2/-4	2/-5	1/-5	2/-4	4/-2
300	3/-1	3/-1	3/-0	4/0	5/1	4/1	4/0	4/1	6/3
Valley	5/2	5/2	6/2	6/3	7/3	7/3	6/3	7/4	8/4
Freezing Level*	600m	700m	700m	800m	800m	700m	800m	2500m	2300m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Meteorologist's View

Gusts around 60mph over ridges and summits, especially through the early hours and again in the evening.

Forecast for Friday 02 Feb 2024

Weather: A cloudy day with outbreaks of rain and drizzle, most persistent and perhaps occasionally heavy over western fells. Best of any brighter spells likely in the east.

Maximum wind: Westerly or southwesterly 30-40mph, with gusts around 65mph over ridges and summits.

Chance of cloud-free hill tops above 800m: Little chance in west, nearer 25% in east

Low cloud and visibility: Periods or persistent cloud above 450-600m, but more occasional above 750m at times in the east. Away from cloud visibility, good falling to several kilometres in rain and drizzle.

Temperature: **Valleys:** Around plus 7 or 8 Celsius rising to plus 11 or 12 Celsius by day
At 800m: Around plus 5 Celsius
Freezing level: Well above the summits

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Mountain Weather Forecast

Ground Conditions Supplement

Date: Wednesday 31 January 2024 Location: Helvellyn summit at 11:55 Full report: A day when, apart from the storm force wind, it was definitely better to be out in the morning prior to the arrival of heavy rain from around 1-30pm. There is neither snow nor ice below 750m. Above 750m there is roughly 4-5cm of snow that has fallen over the past few days. Occasionally, mainly above 900m on east facing slopes, such as the exit to Swirral Edge, this new snow lies above old snow and ice. Below c850m the snow was soft and slowly thawing. Above c850m the snow was hard and icy with the summit plateau in particular being covered in ice. Ice could be found anywhere above 750m on popular routes where the snow had been compacted or where there had been a thaw/freeze cycle such as on some rocks. Despite the milder weather in the valleys, the summit windchill (what the temperature actually feels like) at midday in the storm force winds was minus 12 degrees C with the actual temperature only marginally above freezing. Thus, full winter clothing (waterproofs – which double as windproofs - , extra warm layers, hat & gloves), mountain boots and equipment including a torch are all essential to safely, and enjoyably, roam the fells. Walkers heading for the high fells are strongly recommended to carry microspikes owing to the amount of ice, especially on the summit plateau. It would have been extremely difficult to stay upright today without them. Walkers attempting steep and exposed routes above the snowline, such as the Helvellyn Edges, are strongly recommended to also carry an ice axe as well as crampons or microspikes. Swirral Edge's exit was very icy and guarded by a bank of steep, deep and unavoidable snow where a slip without the means to stop yourself could seriously ruin your day. Although generally not deep, the snow has obscured some footpaths so competent navigation is required especially for those heading above the snowline. Temperature: plus 0.7 C, Maximum wind speed 72.5 mph, Wind chill: minus 11.6 C, Average wind speed: 56.7 mph

Issued at: 1640 on Wed 31 Jan 2024

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